

# **APPLICATION OF WARM WATER FOOT SOAK THERAPY TO LOWER BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN ROSE ROOM 2 RSUD KARANGANYAR**

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## **ABSTRACT**

**Background:** Foot soak therapy is therapy by soaking the feet to a limit of 10-15 cm above the ankles using warm water for 15-20 minutes with a temperature of 39-40°C. **Objective:** To find out how the results of the application of warm water foot soak therapy to lower blood pressure in patients with hypertension in Rose Room 2 RSUD Karanganyar. **Research Method:** Application was carried out with a descriptive method of case study to 2 respondents with hypertension in Rose Room 2 RSUD Karanganyar Regency who experienced an increase in blood pressure for 3 consecutive days with a frequency of 1 time a day for 10-15 minutes with a temperature of 39-40°C. **Results:** After warm water foot soak therapy for 3 days with a frequency of 1 application carried out during the day with a duration of 15-20 minutes, blood pressure in both respondents decreased. **Conclusion:** Warm water foot soak therapy is proven to help lower blood pressure in people with hypertension and can be recommended as management in improving blood pressure in patients with hypertension in hospitals and the community.

**Keywords :** Blood Pressure, Foot Bath, Hypertension, Warm Water